

Harvest Bean Soup

*Reproduced with permission from “Food is Our Medicine Making it Sacred Cookbook”
by Southern Ontario Aboriginal Diabetes Initiative*

INGREDIENTS

- 2-3 carrots, peeled and diced
- 2-3 red onions, peeled and diced
- 2-3 celery stalks, diced
- 1 1/2 tablespoons olive oil
- 4 cups fresh tomatoes, diced (or canned)
- 6 cups cooked mixed beans (combine chick peas, red kidney beans, white kidney beans, black-eye peas, romano beans, and/or baby lima beans)
- 6 cups chicken or vegetable stock (more if needed)
- 1 1/2 tablespoons Italian seasoning
- 1 1/2 tablespoon cumin
- 1/4 cup fresh cilantro bunch, rinsed and snipped
- 1 sweet red pepper, seeded and diced



DIRECTIONS

1. In a large soup pot, place on medium heat, adding olive oil. Add the carrots, cover with lid and cook (sweat) for 3-4 minutes.
2. Add celery and sweat for additional 2-3 minutes.
3. Add red onion and sweat until translucent, approximately 3-4 minutes.
4. Add the remaining ingredients, except for the sweet red pepper.
5. Bring to a boil; lower heat and simmer about 15 minutes.
6. Add sweet red pepper and continue to cook for 10-15 minutes longer.
7. Serve hot. *(Makes 10 servings)*

“Create love in the kitchen! Enter with a good mind, happy heart and clean hands!”

Kate Brant